



One University. A World of Experiences.



For and about FSU people

A publication of Communications and Media Relations

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Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

Derek Thomson Sheely Leadership Award (Scholarship)

Do you know an outstanding leader? Do you know a student who excels academically and deserves consideration for a full-tuition scholarship for senior year?

The campus community is invited to nominate outstanding students for the Derek Thomson Sheely Leadership Award.

Derek Sheely was a remarkable leader – on and off the football field. This award honors the spirit of a young man who consistently demonstrated his genuine concern for others. Derek understood that leaders acquire influence as a result of the quality of their relationships and the respect they give to others. FSU has partnered with Derek’s parents, Kenneth and Kristen Sheely, to create an award that will be given annually to the student who exemplifies the qualities of leadership that Derek so clearly demonstrated.

Applicants must be enrolled full-time at FSU with a minimum cumulative GPA of 3.4 and have completed no less than 70 and no more than 95 credit hours. Student(s) must be nominated for this award by a member of the campus community. Student(s) who are nominated will be required to complete an essay reflecting on their leadership experiences and how these experiences have shaped their growth as an individual. The selection committee will conduct interviews of the finalists for this award. The recipient must have demonstrated the ability to provide leadership to a group of students – in the classroom, a student organization or on an athletic team. Before completion of their senior year, the recipient will be expected to engage in 40 hours of service that will increase awareness and research of concussions and traumatic brain injuries, with a focus on youth sports.

To nominate a student, forward this information to the student. Include a note why you would like to nominate the student for this award and remind them to act promptly to submit an application by the deadline of **Tuesday, March 1**.

Students may be eligible for other scholarship awards just by submitting a completed scholarship application! Students applying for the Sheely Scholarship must complete additional requirements (including an essay) through Academic Works no later than March 1. Finalists will be interviewed.

Note for Students: Click <https://frostburg.academicworks.com/opportunities/7683> to view the criteria and sign in to Academic Works. Follow the instructions and use the email of the faculty/staff member who nominated you for the “recommendation from a member of the campus community” requirement.

For info, contact Lynn Ketterman in the Advancement Office at lketterman@frostburg.edu or Jessica Taylor in Financial Aid at jtaylor@frostburg.edu.

Help for Students

PAWS Pantry Hours

The PAWS Pantry facility located at 20 Braddock Road is currently closed for renovations.

The PAWS Pantry team will still be supplying food to students out of the Lane University Center by appointment only.

Email PAWSPantry@frostburg.edu to set up an appointment and receive details on procedures while renovations take place.

FSU Scholarship Application Now Open!

More than \$1 million is available to be awarded to qualified applicants. If you applied in the past and didn't get anything, you are encouraged to apply again anyway. There are more than 330 scholarships – all with different criteria. Some scholarships are only available to upperclassmen, so as a student earns more credits they may be eligible for scholarships they were not able to be considered for previously.

If you wish to apply for FSU Institutional and Departmental Scholarships for the 2022-2023 academic year, go to <https://frostburg.academicworks.com>.

To log in to the scholarship application, you will use the same username and password that you use to access your FSU email account. Instructions for the scholarship application, as well as FSU scholarship policies, can be found on the application site and on the Financial Aid Office website at <https://www.frostburg.edu/admissions-and-cost/financial-aid/aid-programs/fsu-scholarships--grants.php>. The Financial Aid Office recommends that you read the instructions before applying for scholarships.

When you log in to the system and complete the application, you automatically will be applying for any scholarships for which you are eligible. However, pay attention to the recommended opportunities page, which includes scholarships that require manual applications. Some of these awards require additional documentation, so be sure to include all necessary information.

It is also recommended that you complete your scholarship essay before accessing the system and then copy and paste it into the appropriate field. If too much time is taken writing the essay, the user may be timed out.

The deadline to apply for 2022-2023 scholarships is **Tuesday, March 1**, at 11:59 p.m., EST.

Finally, don't forget to complete your 2022-2023 FAFSA form (<https://studentaid.gov/h/apply-for-aid/fafsa>) as soon as possible. This is required if you wish to be considered for need-based scholarships.

For info, contact the Financial Aid Office at fsufinaid@frostburg.edu or 301-687-4301.

For the following events, FSU is following CDC guidance based on current area conditions. Currently, masks are to be worn indoors in the presence of others, regardless of vaccination status. Event attendees are encouraged to visit www.frostburg.edu/checkin for symptom monitoring. Users can display the portal's "Reduced Risk" badge on a mobile device for admission, or they may respond to symptom-check questions posted at events.

Music

Unless otherwise noted, music performances will take place in Pealer Recital Hall and are free and open to the public. For info, contact FSU's Department of Music at 301-687-4109.

CES Presents Valentine's Day Weekend Performance With Jazz Vocalist Alicia Olatuja, 'Intuition: Songs From the Minds of Women'



CES at FSU will present a Valentine's Day weekend performance with jazz vocalist Alicia Olatuja, "Intuition: Songs From the Minds of Women," on **Saturday, Feb. 12**, at 7:30 p.m. This CES Club Series event, which will be held in the Alice R. Manicur Assembly Hall in FSU's Lane University Center, will feature club-style table seating, a food menu and bar service.

Praised in The New York Times as "a singer with a strong and luscious tone," Olatuja combines the earthy with the sublime, bringing a grounded relatability to genres as lofty as classical, as venerated as jazz and as gritty as R&B. Olatuja first gained international recognition during President Barack Obama's 2013 inauguration ceremony, with a soaring solo of "The Battle Hymn of the Republic." Since this historic performance, she has shared the stage with musical legends Chaka Khan, BeBe Winans, Christian McBride,

Dr. Lonnie Smith and Billy Childs and has earned accolades through performances at music venues around the world.

Immediately following the performance, WFWM-FM Station Director **Chuck Dicken** will join the artists onstage for a lively, interactive discussion with the audience.

Before the show, audience members may opt to enjoy a romantic three-course dinner in the Lane Center. Menu selections include filet mignon, potato-crust red snapper and eggplant cannelloni. All meals include a choice of appetizer, dessert and beverage service. A cash bar will be available at 5 p.m. and dinner service will begin at 5:30 p.m.

Performance tickets are \$18 for adults; \$16.20 for FSU faculty/staff, military and youth under 18; and free for FSU students. The cost for dinner ranges from \$36 to \$47 depending on selected menu items.

For info, visit the CES webpage at ces.frostburg.edu or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

This engagement is made possible through the Jazz Touring Network program of Mid Atlantic Arts Foundation with support from the National Endowment for the Arts. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.

Department of Music to Host Brass Fest! 2022

The FSU Department of Music will hold its Brass Fest! 2022 on **Friday, Feb. 18**, from 4 to 8 p.m. High school brass students are invited to spend a day at FSU as participants in the Brass Festival. Register at www.frostburg.edu/brassfest.

Brass instructors participating in the event include **Dr. Avery Pettigrew**, horn; **Josh Bishop**, euphonium; and **Dr. Luke Spence**, trumpet.

Registered students will receive a free 30-minute lesson voucher, assistance with scholarship audition preparation and a free dinner and will take part in sectional coaching by FSU faculty and Brass Ensemble rehearsal.

The event will culminate in a concert at 7 p.m. with performances by FSU brass faculty, current FSU brass students and registered Brass Fest! students.

All who register will be accepted. Registration must be submitted by **Thursday, Feb. 17**, at 9 p.m.

For info, email music@frostburg.edu or contact Dr. Brent Weber, Music Department chair, at 301-687-4116.

West Shore Piano Trio in Faculty-Guest Artist Series Concert, 'Russian Piano Trios'



FSU's Department of Music will present the West Shore Piano Trio in a Faculty-Guest Artist Series concert, "Russian Piano Trios," on **Sunday, Feb. 20**, at 3 p.m. The concert is free and open to the public. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

The West Shore Piano Trio, comprised of **Dr. Jay DeWire** on piano, Heather Haughn on the violin and Diana Flesner on the cello, will perform "Piano Trio in A Minor, Op. 50" by Pyotr Ilyich Tchaikovsky and "Piano Trio No. 2 in E Minor, Op. 67" by Dmitri Shostakovich.

"Piano Trio in A Minor, Op. 50" was composed between 1881 and 1882. It is subtitled "À la mémoire d'un grand artiste" ("In Memory of a Great Artist") in reference to Nikolai Rubinstein, Tchaikovsky's close friend and mentor, who had died. The piece is marked by a tragic perspective. The "Pezzo elegiac" is a darkly brooding and rather conventional romantic first movement with a beautiful opening cello solo and a theme that returns for a final funeral march. The second movement opens with an almost classical melody and then proceeds with an assured set of variations. After working itself into more and more ecstatic heights culminating with the final variation, it suddenly goes through a surprising modulation to the original minor key, and the theme from the first movement returns with an even greater gravity. The entire piece concludes with yet another death march.

Composed in 1944 in memory of Shostakovich's close friend Ivan Sollertinsky, a musicologist and critic who died suddenly, "Piano Trio No. 2 in E Minor, Op. 67" seems to comment more broadly on the tenor of the times, suggesting an elegy for the tragic victims of war in general. The trio begins very quietly in eerie high harmonics as a solo cello introduces a meditative subject in its highest range that grows, when joined by violin and piano, into a weighty fugue, deeply tinged with melancholy. Portions of the fugue subject transform into new thematic materials across the movement of generally escalating motion and dynamics. The brisk and spiky scherzo constantly teeters on the edge between lively and frantic, between rolling scales and harsh, repetitive rhythmic motifs like a jovial folk dance. The slow, third movement is a deeply felt lament, a passionate funeral dirge that grows out of an initial stark chord progression from the piano. The finale breaks the grief with a compelling musical narrative featuring a march, piquant folk dancing and a poignant, weeping recall of fugal subject from the first movement.

DeWire has performed across the United States as a soloist, collaborator and member of the West Shore Piano Trio. Highlights include two performances as a soloist with the Prince George's Philharmonic and concerts in Chautauqua, Los Angeles and New Mexico with the West Shore Piano Trio. He has appeared in several competitions, received an honorable mention at the Washington, D.C., Beethoven Competition and was a finalist in the American Musicological Society (Mid-Atlantic Chapter) Writing Competition. DeWire has also received numerous prizes, including the Brander Wyatt Morrison Prize and a Dean of Faculty Fellowship at the University of Virginia. He teaches piano and history at FSU.

Haughn enjoys a diverse career as an active chamber musician, orchestral player and teacher. She currently plays with the Annapolis Symphony Orchestra, Concert Artists of Baltimore, Delaware Symphony Orchestra, Lancaster Symphony Orchestra, Maryland Symphony Orchestra and the National Philharmonic. She is on the faculty of Goucher College and the Duke Ellington School of the Arts. Haughn has performed as soloist and concertmaster with the Berkeley Symphony Orchestra, the San Francisco Sinfonietta and the San Francisco Concerto Orchestra.

Active as a chamber musician, Flesner was a member of the Cervantes String Quartet for two years. She has participated in the Manchester Music Festival and the Quartet Program at Bucknell and has played in master classes or coached with members of the Pacifica, Miró, Miami, Kocian, Tokyo, Juilliard, Tákacs and Kronos quartets. Flesner served as principal cellist for the University of Illinois Symphony Orchestra and has played with BACH (Baroque Artists of Champaign-Urbana), the Prairie Ensemble, Opera Illinois, Champaign-Urbana Symphony, Peoria Symphony, Illinois Symphony, Annapolis Symphony Orchestra and Fairfax Symphony.

FSU Student Shawn Zimmerman to Perform Junior Guitar Recital

FSU's Department of Music will present student **Shawn Zimmerman** in his junior guitar recital on **Friday, Feb. 25**, at 7:30 p.m. He will be accompanied by student guest artist **Emily Brobst** on the flute.

Zimmerman will play “Variations on a Theme by Handel, Op. 107” by Mauro Giuliani; “Julia Florida” by Agustin Barrios; the movements “Prelude,” “Sarabande,” “Gigue” and “Double” from “Lute Suite in C Minor, BWV 997” by Johann Sebastian Bach; “Histoire du Tango” (“History of Tango”) by Astor Piazzolla; “Les Voix Humaines” (“The Human Voice”) by Marin Marais (transcribed by Isaac Greene); and the two movements, “Lento” and “Obstinato,” of “Elogio de la Danza” (“Eulogy of the Dance”) by Leo Brouwer.

“Variations on a Theme by Handel, Op.107” is one of Giuliani’s most popular set of variations. The theme comes from the popularly nicknamed “The Harmonious Blacksmith,” the final movement, “Air and Variations,” from “Suite No. 5 in E Major, HWV 430” by Handel. Giuliani does not follow Handel’s variations but simply uses the theme and writes his own set.

Barrios composed “Julia Florida” in 1938 while living in Costa Rica. It was apparently a difficult time for the composer due to diminishing health and a lack of regular employment. “Julia Florida” was dedicated to Julia Martinez, whom Barrios taught.

Bach commissioned an instrument maker named Hildebrand to build a keyboard lute (Lautenwerk) of Bach’s design. He subsequently wrote three compositions believed to be for that instrument. “Lute Suite in C Minor, BWV 997” was composed between 1738 and 1741.

“Histoire du Tango” (1986) charts the evolution of tango from its beginnings as a primarily Argentine urban song and dance form that developed in the poor immigrant barrios on the outskirts of Buenos Aires to its assimilation by classical composers such as Stravinsky and Bartók. The work has four movements, each spanning a different era in the story of tango music: “Bordel 1900” (“Brothel 1900”), “Café 1930,” “Nightclub 1965” and “Concert d’aujourd’hui” (“Concert for Today”).

“Les Voix Humaines” (1701) is the most famous piece of the “Second Book of Music for Viola da Gamba” by Marais, the renowned viol player and composer who, under Louis XIV, greatly enlarged the repertoire of this instrument. In this Baroque piece, Marais seems to allude to the nuance and beauty of the human voice with his musical phrases and gestures.

“Elogio de la Danza,” the advanced solo guitar piece by Cuban artist Brouwer, was composed almost 50 years ago in a couple of days for an upcoming event on TV. The piece is in two movements because the choreographer wanted to pay homage to the “Grand Adagio” from classical ballet and to “Ballet Russess,” including Stravinsky.

Readings

CLA Presents FSU’s Gerry LaFemina in Release Reading for ‘The Pursuit: A Meditation on Happiness’



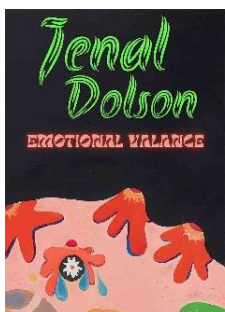
FSU’s Center for Literary Arts will present **Gerry LaFemina**, a professor in FSU’s Department of English and Foreign Languages, in a release reading for “The Pursuit: A Meditation on Happiness” on **Tuesday, Feb. 8**, at 7:30 p.m. at Clatter, 15 S. Broadway, in Frostburg.

“The Pursuit: A Meditation on Happiness” is creative nonfiction. It’s a hodge-podge: memoir, philosophy, literary criticism, pop culture, history and reflection. LaFemina calls it a meditation. It really is an essay in the French way of being a trial or an experiment. For info on the book, visit <https://madvillepublishing.com/product/the-pursuit-a-meditation-on-happiness>.

For info on CLA’s spring events, contact Jennifer Browne at jabrowne@frostburg.edu.

Exhibits

Department of Visual Arts Presents an Exhibition of Paintings by Jenal Dolson, ‘Emotional Valance’



FSU’s Department of Visual Arts will host an exhibition of paintings by Jenal Dolson, titled “Emotional Valance,” **through Friday, Feb. 25**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This event is free and open to the public.

Dolson lives between Puslinch, Ontario, and Chicago. She has participated in residencies at Tempus Projects (Tampa, Fla.), Artscape Gibraltar Point (Toronto) and the Vermont Studio Centre (Johnson, Vt.). Dolson recently received an Exhibition Assistance Grant from the Ontario Arts Council and the Artist Relief Fund from the Hamilton Arts Council. She also received the Visual Artist Project Grant from the Toronto Arts Council and has been awarded the Emerging Artist Award from the Ontario Arts Council. Dolson received her bachelor’s in 2007 from the University of Waterloo in Waterloo, Ontario, and her master’s in 2020 from the University of South Florida.

For this show, the Roper Gallery is open **Mondays through Fridays** from noon to 4 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

Special Collections Celebrates Black History Month With Exhibit Dedicated to BSA



The David M. Gillespie Special Collections at the Ort Library is celebrating Black History Month with an exhibit dedicated to the history and legacy of the FSU Black Student Alliance (BSA). The Frostburg State College Afro-American Society was started in 1969 when there were only 17 students of color on campus. By 1973, it had changed its name to the Black Student Alliance and has been active on campus since. BSA has sponsored countless events celebrating Black heritage over the years, including FSU's first celebration of Martin Luther King Day in 1983. The club has also been historically committed to social justice issues on campus. For info, contact Liza Zakharova, Special Collections librarian/archivist, at ylzakharova@frostburg.edu.

Points of Pride

Dr. Kris McGee Appointed to the Maryland Professional Standards and Teacher Education Board

Dr. Kris McGee, who is based at the University System of Maryland at Hagerstown, was recently appointed by Gov. Larry Hogan to the Maryland Professional Standards and Teacher Education Board.

The work of this board is congruent to and works in tandem with the Maryland State Board of Education.

Take Note

Department of Communication to Host Info Table on Feb. 14

The Department of Communication will host an information table outside the department's office suite, Gira Center 348, on **Monday, Feb. 14**, from 9 a.m. to noon to greet returning and interested students with information about their updated academic programs and treats and coupons from local restaurants. Communication Studies now offers **Strategic Communication Leadership** and **Strategic Social Media** tracks, and Mass Communication offers focus in **Digital Audio**, **Digital Video**, **Digital Media Production** or **Digital Media Strategies**. Major programs require or encourage the integration of other academic programs to emphasize cross-disciplinary study, and interdisciplinary minors in Leadership Studies and Social Media are also offered.

For info, stop by to talk to any of the department's staff or faculty, email comm@frostburg.edu or contact Annie Danzi, associate professor and interim chair, at amdanzi@frostburg.edu. You can also recommend advisees search the FSU website for program links and follow the Department of Communication, Communication Leadership Lab or Creative Communication Club pages on Facebook, Twitter and Instagram.

Mindful Mondays Begin Feb. 7



You can join biweekly virtual Mindful Monday check-in sessions beginning **Monday, Feb. 7**, at 4:45 p.m. The 30-minute sessions are open to and led by FSU students, faculty and staff. To join or lead a session, email Dr. Elisha L. Ruminski (Department of Communication) at elruminski@frostburg.edu, Dr. Anne Murtagh (Psychology) at ammurtagh@frostburg.edu or Mikayla Mackall (Student Government Association student representative on mindfulness) at mjmackall0@frostburg.edu.

Be sure to share with students and colleagues and follow this and other mindful well-being efforts at FSU at this Instagram link: <https://www.instagram.com/frostburgmindfulness>.

FSU's PKP Chapter Hosting Info Table at Lane

In honor of Phi Kappa Phi week, FSU's PKP chapter will host an information table in the Lane University Center lobby on **Wednesday, Feb. 9**, from 10 a.m. to 2 p.m. Students, faculty and staff who are interested in learning more about the criteria for membership are welcome to stop by and speak with a chapter officer.

The chapter will also promote University scholarships and distribute materials to encourage students to apply.

Ecobricks to Meet Fridays

FSU Ecobricks will meet at 4 p.m. on **Fridays** in Gunter 208. Join the group to construct Ecobricks and learn more about how you can transform your relationship with plastics. Ecobricking is a hands-on environmental movement, and FSU Ecobricks is making progress toward its first big project! Learn more on Friday, by following FSU Ecobricks on Facebook or by contacting Laurel Plitnik, president, at lgplitnik0@frostburg.edu or Tracy Edwards, advisor, at tedwards@frostburg.edu.

CPDC Spring Career and Internship Fair

The Career and Professional Development Center will host the Spring Virtual Career and Internship Fair on **Wednesday, March 9**, on Handshake from 11 a.m. to 2 p.m. and the On-campus Career and Internship Fair on **Wednesday, April 20**, in the Lane University Center, also from 11 a.m. to 2 p.m. Encourage your students to register and attend these events! Invitations to follow.

For info, contact Career Services at careerservices@frostburg.edu or 301-687-4403.

Call for Participation for Focus Frostburg



Focus Frostburg 2022: "Learn-In" for A Sustainable Future will take place on **Wednesday, April 20**. Focus Frostburg features programs, discussions and hands-on activities highlighting issues of sustainability and climate awareness. All presentations are open to the campus community and the larger regional community.

This year Focus Frostburg will be a hybrid event including in-person and virtual programming. Virtual presentations will be recorded in advance and uploaded to the Focus Frostburg YouTube channel at <https://www.youtube.com/channel/UCWRE8oJhI9oduNheVYSpeVg>.

Become a Presenter at Focus Frostburg 2022!

Be sure to indicate your preference on proposals. Student presentations make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged.

To participate, email krogerstthomas@frostburg.edu and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate awareness issue. In-person sessions are 50 minutes, to coincide with class sessions, but multiple presenters can be accommodated in a single session, so participants may want to consider teaming up. If more time is needed, content can be carried over into a second session. In your response, indicate if there is a preferred time of day when you would like to present.

The proposal deadline is **Friday, March 18**.

Undergraduate Research Symposium Coming in May

The in-person 2022 FSU Undergraduate Research Symposium is scheduled for **Friday, May 6**, from 11 a.m. to 2 p.m. in the Lane University Center. All FSU undergraduate students who have participated in experiential and investigative projects that are completed as part of course work or independent study in any department and major are welcome to participate in the symposium. Also, every student must have at least one faculty or staff mentor to participate.

The registration form is due by 5 p.m. on **Friday, March 18**. At least one faculty or staff mentor must be listed for the registration form to be accepted. All students who register for the symposium will receive a separate form they need to use to submit their abstracts, which are due **Friday, April 8**.

For info and/or a registration form, contact Dr. Karen Keller at kkeller@frostburg.edu.

FSU Foundation Opportunity Grants



The FSU Foundation is once again seeking funding proposals from faculty, staff and students for Foundation Opportunity Grants and several other awards for fiscal year 2023 (academic year 2022-23).

Those interested should complete the FSU Foundation Opportunity Grant Request Form (application link at www.frostburg.edu/opportunity), which includes a line-item budget. All applications must be limited to two

pages. A third page is only permitted for the line-item budget. After you complete the form, you must submit it online at www.frostburg.edu/opportunity. **No paper or emailed applications will be accepted.**

The deadline for proposals is midnight on **Sunday, March 13**. Applicants will be notified of the awards following the Foundation Board meeting on **Friday, June 3**.

Projects may be funded from the following:

Annual Fund for projects that support FSU's institutional priority to enhance experiential and applied learning opportunities for students inside and outside the classroom

Bowling Family Global Citizen Funds to support the global competence of FSU students

Al and Dale Boxley Faculty Award/Student Research Award to support faculty or student projects

J. Frederick Gibraltar Regional and Cultural Arts Funds to support regional and cultural arts programs at FSU

Jonathan Gibraltar Presidential Leadership Fund for Alcohol Awareness and Education to support educational programs, social programs and/or community service-related programs geared toward alcohol awareness and the importance of responsible behaviors and decision making

Catherine R. Gira Campus-to-Community Awards to support students or student projects that demonstrate an entrepreneurial spirit, critical thinking skills and a determination to be successful

Kim and Marion Leonard Mindful Leadership of Self and Others Experiential Learning Funds to support FSU faculty, staff and students to understand the value placed on mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect

Woodward and Virginia Pealer Faculty Development Award to support student scholarships and faculty development initiatives for stipends/funding and travel expenses for visiting scholars, lecturers, artists, performers and programs; recognition and promotion of these activities; equipment purchases in conjunction with these activities; and outreach/professional development programs for Allegany County

Martha T. and Ralph M. Race Western History Lecture Funds to support an annual lecture series on the topic of Western history

Stephen M. Spahr Student Activism Award to provide financial assistance to student organizations, classes or informal groups of students needing funds to travel to programs or centers of governmental activity to experience, firsthand, the workings of the democratic process

Marlene Weimer Memorial Scholarly Endeavors Fund to support scholarly endeavors in the area of innovative mathematics faculty development initiatives and/or scholarship support for outstanding mathematics students, depending on the area of greatest need as determined annually by the Mathematics Department

You can access the award descriptions at www.frostburg.edu/opportunitygrants and a list of previously supported projects at https://www.frostburg.edu/foundation/_files/pdfs/fundedprojects.pdf.

Brady Health Offering Flu Vaccine



Brady Health is still administering the quadrivalent vaccine. The vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. Call 301-687-4310 to schedule an appointment.

You must be over 18 years of age. The cost is \$25. Payment can be made by cash or check. Be sure to wear short sleeves!

Activities for Life

Water Aerobics

Water aerobics will be offered **Tuesdays and Thursdays from Feb. 15 through March 24** (with no class **Thursday, March 10**) from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. Participants may register for the Tuesday or Thursday class or both nights.

This class is geared toward those who want to increase cardiovascular fitness, flexibility and body strength. It is the perfect activity for those with painful joints or other movement limitations. Water aerobics creates good muscle balance, making the muscles limber and strong. The instructor for this class is Kristi Devore.

For info and registration, contact Amy Nazelrod, AFL coordinator, at 301-687-7934 or anazelrod@frostburg.edu.

UCM

For info, contact the Rev. Dr. Cindy Zirlott at c.zirlott@frostburg.edu.

United Campus Ministry Schedule

Monday, Feb 7, to Thursday, Feb. 10: Body-Spirit Prayer Stations (self-guided meditation) are open from 9 a.m. to 5:30 p.m. in Cook Chapel.

Body-Spirit Wellness Week

Have you been feeling out of sorts, anxious and weighted down with the winter blues? During Body-Spirit Wellness Week, **Tuesday, Feb. 8, through Thursday, Feb. 10**, from 1 to 10 p.m. in the Lane Atkinson Room (232), the focus is on practices that may help facilitate wholeness and balance in body-mind-spirit. UCM and Catholic Campus Ministries will offer information about various ways to bring harmony. There will be one-on-one Spiritual Direction Sessions and Self-Guided Prayer Stations, and you can learn about walk meditation with the Labyrinth Prayer Walk. Stop by to learn about these practices; there will be a short presentation at the top of every hour from 1 to 9 p.m.

Jobs

Student Van Drivers Needed for EHOSTARS Program – \$12.50/Hr.

The Office of Civic Engagement is hiring van drivers for its EHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 20 hours a week based on student availability and program needs. Weekday and weekend hours are available. Interested students must have a clean driving record, successfully complete an online van-driving safety module to become van certified and pass a state and FBI background check.

If interested in applying, email EHOSTARS@frostburg.edu or contact Misty Schurg at 301-687-4210 for application information, how to become van certified and other details.

FSU-TV3 Has Openings for Editors/Captioners and Camera Operators – \$12.50/Hr.

FSU-TV3 has several openings for this school year, including editors/captioners and camera operators.

Go to the Financial Aid Office to see if you qualify for Federal Work-Study, and for info, contact Melanie Lombardi at 301-687-3011 or mlombardi@frostburg.edu.

Study Abroad

Start Planning Your Study Abroad Experience for Spring 2023!

Join the Center for International Education for a Study Abroad Information Session to learn more about program options, requirements and financial aid for overseas experiences. Each virtual session will take place at 3:30 p.m. on the following **Fridays** throughout the semester: **Feb. 25, March 4 and April 1, 15 and 29.**

Email Victoria Gearhart at vmgearhart@frostburg.edu to sign up for the session of your choice.

Health and Safety Messages

National Burn Awareness Week Theme This Year Is Burning Issues in the Kitchen

NATIONAL
BURN
AWARENESS WEEK



Prevent Burns and Scalds In the Kitchen

Place objects so that they cannot be pulled down or knocked over.

Turn pot handles away from the stove's edge.

Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.

Wear short, close-fitting or tightly rolled sleeves when cooking.

Have a "kid-free zone" of at least 3 feet around the stove.

If Your Food Does Catch on Fire ...

Cover the pan with its lid. A cookie sheet works too. Leave covered until the pan is cool. Never move the pot or carry it outside. The pot is too hot to handle and the contents may splash, causing a severe burn.

Turn the heat off. With the lid on and the heat off, the fire should quickly put itself out. Never use water to put out a kitchen fire. Water will cause the oil to splatter and spread the fire, or scald you as it vaporizes.

If the fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the oven is cool.

If the fire gets out of control, get out, stay out and call 911.

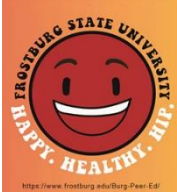
General First Aid for Burns And Scalds

Treat a burn right away by putting it in cool water. Cool the burn for three to five minutes.

Cover the burn with a clean, dry cloth. Do not apply creams, ointments, sprays or other home remedies.

Remove all clothing, diapers, jewelry and metal from the burned area. These can hide underlying burns and retain heat, which can increase skin damage.

Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Start 2022 Off Right!

<https://www.harvardpilgrim.org/hapiguide/4-mental-health-tips-for-creating-an-even-better-2022>

Tell Yourself Tuesday Tip: How to Build Self-Confidence

<https://au.reachout.com/articles/how-to-build-self-confidence>

Wacky Wednesday Tip: A Quick Way to Release Some Anxiety!

<https://www.youtube.com/watch?v=lrhPTqholcc>

Thankful Thursday Tip: Gratitude Helps Grow Friendships

https://greatergood.berkeley.edu/article/item/how_gratitude_helps_your_friendships_grow

Fun Friday Tip: Make Your Notes More Aesthetic!

<https://inspirationfeed.com/aesthetic-note-taking>

Social Saturday Tip: Making Friends in College

<https://collegeinfo geek.com/make-friends-college>

Self-Love Sunday Tip: Fifty Things to Do By Yourself!

<https://parade.com/1219503/marynliles/things-to-do-by-yourself>

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit www.frostburg.edu/strategicplan.